

Desiree Hartsock Is the New 'Bachelorette'!



By Meghan Fitzgerald

Starting out as one of the 26 girls in *The Bachelor*, Desiree Hartsock was fan-favorited as the new *Bachelorette*. [People](#) reports on the *After the Final Rose* special, Hartsock stated, "Just can't even believe I'm here. With the support of everyone, it's just such a blessing." [Entertainment Weekly](#) reports that Hartsock shocked many when she sported a no bangs look, especially the *Women Tell All*. Hartsock will continue to shock many with drama, love, and passion on this summer's ninth edition of [The Bachelorette](#).

What are some out of the box ways to find love?

Cupid's Advice:

Finding love is a relatively hard thing to do. Love does not usually spring itself at you, some effort is required to find the love of your life. The ways to find love seem to be around the same thing; going to bars, blind dates, online dating, and what not. Are you tired of the same pattern over and over again to try and find love? You deserve a different, out of the box way to find love. Cupid has some advice on this:

1. Yoga class: Yoga class is great for many things in life. Obviously it is a form of exercise, resulting in happiness. Which inevitably leads to a boost of confidence, and gives you more courage to talk to people of the opposite sex. It also balances your inner self with the natures of the world and others around you. Meeting new people at yoga will give you a look into people who are practicing the same life as you, relatively. Which will make finding love easier!

2. Volunteering: Would you ever suspect to meet the love of your life while volunteering? Most likely not. However, volunteering is full of generous, kind-hearted people looking to help the world. Looking for someone to love. Spark up a conversation with an opposite sex at the food pantry, or clothe drive, or helping out with the local blood drive. You never know what will come of the new interaction. So go out and do some good ladies and gentleman!

3. Friends: Scratch a blind date, hang out with your friends and converse with someone you don't know. If they're hanging out with your friends, you both must have something in common. If you two hit things off, it could loom into a full blown relationship. Also, if a date occurs from your meeting, it won't be strange because you two will already know each other. Go ahead and be social!

Have you ever found love in an out of the box way? Explain below!

How Celebrity Moms Keep an Active Dating Life



By [Whitney Baker](#)

[Johnson](#)

Dating as a single mom is never easy, especially if you're trying to balance a busy career with raising your children. Even for celebrities, who have luxuries that not all single moms can afford, it's still a tricky thing to manage. The famous faces below have figured out a few ways to find love while still playing the most important role of their lives:

1. Make It a Family Affair: Before she got hitched, Reese Witherspoon was often seen with Jim Toth and her kids from her marriage to Ryan Phillippe. Rather than try to make time for

romance *and* family, she simply included Ava and Deacon on her dates. The newlyweds even took her children on their honeymoon to Belize!

Michelle Williams has taken a similar approach in her relationship with Jason Segel. The couple is constantly seen with Matilda, Williams' daughter with Heath Ledger, and they even split their time on both coasts based on the little girl's school schedule.

Related: [Three Tips to Stress Free Holiday Dating](#)

2. Date a Blast From Your Past: Sometimes, it's easier to date a guy from your past instead of searching for someone new. Denise Richards, mom to three girls, took this route, dating Heather Locklear's ex Richie Sambora. While it may have ruined her friendship with Locklear, she is still in an on-and-off relationship with the rocker.

Perhaps taking a cue from her former friend, Locklear, who has a daughter with Sambora, dated Jack Wagner, her costar from *Melrose Place*, for over four years before ending their engagement.

3. Meet Your Match on Reality TV: Emily Maynard, single mom to daughter Ricki Hendrick, has tried not once but *twice* to find love on reality television. First, she won the heart of *Bachelor* Brad Womack, only to end their engagement a few months later.

Rather than give up, Maynard tried again, becoming the most recent *Bachelorette*. She accepted Jef Holm's proposal, but they too broke up less than three months after the show ended. Despite this double dose of heartbreak, she has no regrets because she says she did fall in love with both men.

Related: [5 Bachelor and Bachelorette Couples We Can Learn From](#)

4. Stay In Your Inner Circle: Dating someone who your kids

already know eliminates the need for awkward introductions and potential tension. Heidi Klum, who split from Seal after almost seven years of marriage, is now in a relationship with her bodyguard, Martin Kirsten. Luckily, her four children are already comfortable with him and are used to him being around.

Similarly, Courteney Cox has been rumored to be dating her *Cougartown* costar, Josh Hopkins. Coco, her daughter with David Arquette, knows Hopkins from her time spent on set, making the transition easier for her mom.

5. Depend On Your Ex: Staying on friendly terms with your ex can help your dating life as well. Jennie Garth, who recently split from her husband of 11 years, Peter Facinelli, has already been spotted with three different men. Thanks to her co-parenting routine with Facinelli, she has time to date while her three daughters hang out with their dad.

Likewise, Ashlee Simpson and Pete Wentz split time with their four-year-old son, Bronx. They both are frequently seen out and about with their significant others and even reunited recently to celebrate their little boy's birthday.

What's the best dating lesson you learned from celebrity moms? Tell us in the comments below!

'Bachelorette' Stars J.P Rosenbaum and Ashley Hebert Tie the Knot



By Nic Baird

Season seven *Bachelorette* Ashley Herbert and fiancé J.P. Rosenbaum got hitched Saturday in Pasadena, Calif., according to [People](#). The couple are only the second in the franchise's 24 seasons to tie the knot after the finale. *Bachelor* and *Bachelorette* alumni Ali Fedowsky, Emily Maynard, and Jason and Molly Mesnick were in attendance, and franchise host Chris Harrison officiated the ceremony. "Today is all about our friends and family," Herbert said.

What are some ways to celebrate your love without getting married?

Cupid's Advice:

It might not be the right time to get married, or maybe you're not that concerned with the institution. Either way, there are many ways you can deepen your love with your partner. Follow your heart, and prioritize your happiness:

1. Moving forward: Both of you should want to see your relationship develop. Finding ways to spend more time together, and bringing your lives closer are benefits you can find without marriage. Make time for your partner and find new ways to enjoy their company.

2. Children: A child is a huge commitment, and shouldn't be considered lightly. Many times a baby can pop into your life unexpectedly. No matter how it happens, a child is a celebration of your love. You might feel pressure to get hitched, but giving a baby the significance it deserves is most important.

3. Special occasions: Spending the holidays with your loved ones shows their importance in your life. Making Valentine's Day and anniversaries special with thoughtful celebrations will reflect the love you share.

How does your partner remind you of their love? Share your experiences below!

How Famous Couple Ashley Hebert and J.P. Rosenbaum Prepared for Their Celebrity Wedding





By Jennifer Ross

The time came for a celebration in Pasadena, California. *The Bachelorette* famous couple [Ashley Hebert](#) and [J.P. Rosenbaum](#) were so excited for their December 1st [celebrity wedding](#). With a beautiful ceremony planned by wedding planner Mindy Weiss, invitees included reality TV show alums Emily Maynard, Trista and Ryan Sutter, and Ali Fedotowsky and Roberto Martinez. Both bride and groom were ready to walk down the aisle, after each having their last “single” party in Scottsdale, Arizona. “The girls had quite the party! They had a stripper for Ashley, and everyone got spa treatments. The guys hung out and went out for a steak dinner,” a source revealed. Besides becoming Mrs. Rosenbaum, Hebert was most excited about finally putting on her wedding dress: “Ashley can’t wait for people to see it!”

Famous couple Hebert and Rosenbaum had fun while celebrating the night before their celebrity wedding. What are some unique ways to spend

your bachelor/bachelorette party?

Cupid's Advice:

You don't need to be a famous couple to throw a fun bachelor or bachelorette party! With a little creativity and help, here are three party ideas anyone can enjoy before walking down the aisle:

1. Road trip: Surprise the bride or groom, and plan a road trip to their favorite destination. To make it extra special, you can "kidnap" them, keeping them completely out of the loop until you near the destination. All you need is a great group of friends, a road map, snacks, and a full tank of gas.

Related Link: ['The Bachelorette' Star J.P. Rosenbaum Talks Celebrity Baby News, 'Dad-chelor' Party, and Moving to Miami!](#)

2. All in: What better way to prepare the bride or groom to go "all in" with marriage than organizing a poker tournament in their honor! This game is just for fun, although there should be a jackpot to claim in the end. Consider reserving a room at an upscale restaurant, club, or cigar lounge. Be sure to make festive shirts and hats for the party goers.

Related Link: [Famous Couple Jason Aldean and Brittany Kerr Have Celebrity Wedding](#)

3. Go extreme: Want to make plunging into marriage seem like a piece of cake? Plan a skydiving party for the bachelor or bachelorette! If jumping out of a plane at 10,000 feet doesn't sound like fun, try surfing, bungee jumping, rock climbing, or scuba diving instead. Plus, defying death with friends will always create great bonding memories for the future.

How did you celebrate your bachelor/bachelorette party uniquely? Share your story below.

5 Bachelor and Bachelorette Couples We Can Learn From



By Sara Dawkins

It has been announced that the most recent couple from *The Bachelor* series has split. Shocking. You mean to tell us that finding love in three weeks in front of cameras, a herd of people and being thrown into extravagant romantic dates didn't really build the solid foundation that a couple needs to work out? You could have fooled me. Now that Emily Maynard and Jef 'with one F' Helms are over, we can take a minute to look and learn from other *Bachelor* couples:

Trista and Ryan Sutter: That's right they have the same name ... because they actually got married! And two kids later, they

boast of a happy and healthy relationship together. This is rare in Bachelor history. They proved that you can find love, but only if you work hard on it and get past all the fame that comes with reality TV. Congrats to them and we look forward to them being the only successful couple for many more years! **Lesson learned: Barrel through the muck.**

Related Link: [‘Hope Springs’ Is This Summer’s Guide to a Healthy Relationship](#)

Jake Pavelka and Vienna Girardi: Who doesn’t love a good train wreck? This couple was doomed from the start. Way-too-sweet-for-his-own-good Jake chose bad girl Vienna to be his [bride](#). It didn’t take long before there were rumors that Vienna cheated on him, and the next thing you know, both were destined to hang on to their 15 minutes of fame by going to the media. It was very messy, much like Byron Velvick and Mary Delgado’s breakup. Police were involved, so enough said. **Lesson: Don’t go for the bad guy/gal and be mature in a break up or you will end up looking like a train wreck.**

Related Link: [Five Reasons Men Are Attracted to Celebrity Bad Girls](#)

Jason Mesnick and Melissa...errr...Molly Malaney: Another successful *Bachelor* couple, but this marriage happened in the round about way. Jason was originally smitten with the bubbly and beautiful Melissa Rycroft only to dump her on national television for doe-eyed runner up Molly. Despite the outrage from fans and the media, this couple managed to make it through and get married. They just recently announced they are expecting their first child together! **Lesson: Go with your gut and make the right decision first.**

Ali Fedotowsky and Roberto Martinez: Ugh. This one was a tough one to get over. Not only were Ali and Roberto cute together, but they actually seemed to be happy in front of cameras. After 18 months they decided to call off the engagement and

end their relationship. **Lesson: Pretty people break up, too. Also as much as you want it to work out, sometimes it just doesn't.**

Charlie O'Connell and Sarah Brice: This is an oldie, but a goodie. And yes, Charlie is bro's with actor Jerry. Charlie chose blonde bombshell Sarah way back in 2006 and they broke up in 2007. They got back together in 2008 and then after 5 years, called it off again. It was a mutual break up, as they were both citing they fought over the same things the first and second time around. Who knows, maybe the third time's the charm? **Lesson: You break up the first time for a reason, don't forget why.**

Sara is an active nanny as well as an active freelance writer. She is a frequent contributor of <http://www.nannypro.com/>. Learn more about her <http://www.nannypro.com/blog/sara-dawkins/>.

Emily Maynard Is Spotted Rebounding with Nascar Driver Jason White





By Nicole Weintraub

Bachelorette's Emily Maynard has moved on from her former fiancé Jef Holm with Nascar racer Jason White, according to UsMagazine.com. The single mom has denied her rebound with White, though recent photos have been revealed showing Maynard and White getting cozy. The pair went to a Carrie Underwood concert and then they ventured to a club together. "They were all over each other," said an observer who noticed the two. Maynard has a six-year-old daughter with Ricky Hendrick who was also a Nascar racer, so this is not Maynard's first racing beau. She was also, back in 2006, with Dale Earnhardt Jr.

How do you know if someone you meet right after a relationship ended is a rebound?

Cupid's Advice:

It can be very enticing to start dating right after a relationship ends – especially if you miss being in a relationship period. Here are some ways to know if you are rebounding:

1. Slow it down: There is no need to jump into another relationship after just getting out of one. Take your time

before deciding to get involved with another person. You need to get over your past relationship before starting a new one.

2. Get to know each other: When you're rebounding, you want to jump into what you know. Though, before you decide whether or not you truly have feelings for someone, get to know them. Go out as friends for a few times first.

3. Be careful: No one wants to admit when they're rebounding with someone. Just make sure to be honest with yourself. You want to be fair to both your new love interest and yourself.

What are some signs when someone is rebounding? Share your thoughts with us in the comments below!

'Bachelorette' Couple Emily Maynard and Jef Holm Break Up





By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

How do you know if you're in the same place in your life as a potential partner?

Cupid's Advice:

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking

for someone on your same path:

1. Old relationships are closed: In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

2. Know thyself: To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

3. You've had the discussion: To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

Are you and your new partner in the same place in life? Tell us your story below.

Jef Holm Unwinds with Golf Post-Split from Emily Maynard





By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

What are some ways to keep yourself busy after a breakup?

Cupid’s Pulse

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy yourself:

1. Catch up with old friends: When we are in a relationship we tend to replace the time that we would spend with friends with

time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

2. Cross that item off your bucket list: Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

3. Avoid the computer: Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

How do you keep yourself busy after a breakup? Share your ideas with us.

'Bachelorette' Star Emily Maynard Toasts Fiance Jef Holm's Birthday at Dinner Party





Emily Maynard's fiancé Jef Holm certainly has had a lot to celebrate, including his 28th birthday. The recently engaged pair partied with friends in New York City, but they couldn't keep their hands off each other. According to [People](#), they were often seen "holding hands under the table." Surrounded by guests, Holm was surprised with a birthday cake while out on the rooftop. With his new fiancée on his arm and a ton of guests all there for him, Holm "loved the attention" and the duo threw a great party.

What are some ways to surprise your partner with a birthday celebration?

Cupid's Advice:

Birthdays only come once a year, so it's crucial that you make your significant other feel as special as possible on this day. Consider these simple ideas to celebrate:

1. Throw a party: Surprise or not, getting together your beau's friends is definitely a great way to celebrate the person you love. A fun atmosphere with drinks and good company will be the perfect thing to make your honey_happy to turn a

year older and thankful you took the initiative to coordinate it.

2. Do something adventurous: Parties and dinner aren't for everyone, show your babe you really care by taking them out to do something unique or daring. Go skydiving if you're feeling a thrill or maybe spend the day at an amusement park.

3. Keep it just the two of you: Sometimes the most thoughtful way to commemorate your partner can be done with little effort. Send your_loved one out for a part of the day so you can set up your house to resemble an elegant restaurant and make your honey's favorite meal.

How do you celebrate your partner's birthday? Tell us below.

'Bachelorette' Emily Maynard Says 'Love Is Worth the Chaos'





At the end of *The Bachelorette's* eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup. Instead, use tips like these to work through them:

- 1. Confront the problem:** Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.

Jef Holm Is Moving To Be Closer to Emily Maynard





The winner of *The Bachelorette's* eighth season, Jef Holm, is moving to Charlotte, North Carolina. According to UsMagazine.com, Holm has made the decision to move to Charlotte to be closer to Emily Maynard and her daughter, Ricki. He will be getting his own place until the two get married, at which point he plans to move in with Maynard and Ricki.

When is it time to relocate in order to be with your partner?

Cupid's Advice:

Moving for your partner is always a big step, but it's often important if you want your relationship to last. How do you know when it's a good time to relocate to be with them? Consider these tips:

1. Your career has taken you there: Don't ever pack up your life if you only have one reason for it. Make sure your career is secure in the move. This way, you aren't sacrificing everything for your love.

2. You're ready to live with them: If you envision a future with your sweetheart, and you're willing to move for them, you better be ready to live with them. That's the logical next

step, so if you're doubting it, you're probably not ready to move yourself.

3. You're thinking about it: If relocating is always at the back of your mind, you've already made your choice. You want to be with your beau, and you just need to get there.

When do you know it's time to relocate for your partner? Tell us in the comments below.

'The Bachelorette' Season 8 Finale: Tips for Lasting Love



By Marni Kinrys,

Ultimate Wing Girl

I have to say, I was shocked at 'The Bachelorette' finale. Well, kind-of shocked. For some reason, I *knew* that Emily was going to pick Jef, but I was still surprised that she didn't choose Arie. It goes to show you that physical chemistry does not equal partnership for life and that you can make the right choice if you take your time and really evaluate what relationship is best for you.

I have to give Emily so much credit for being able to see that difference between her two final suitors. Throughout this season, she has been a strong and steady Bachelorette, working hard to not let her heart solely dictate her decisions. She has been smart about her choices, and when it comes to love, we all know how challenging that can be.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Thinking back on past episodes, I remember when I started to see the potential for Emily and Jef to be a successful couple. When they were lying on the floor in Prague, kissing, giggling and talking easily about the future, I knew that Jef had won her heart. They didn't just have chemistry; they had a best friendship. That's the primary distinction between relationships that fizzle and relationships that last forever.

Now that Emily's found love, I want to help all of you do the same! Here are my tips on how to decipher if someone is a good choice for you for the long haul. Ask yourself the following questions:

1. Does this person challenge me in a good way? The best partnerships are with those that help us grow and see the world in new and interesting ways. Yes, it's always great to have a lot in common with a person, but too many similarities can get old and dull pretty quickly. Someone different from you helps you see sides of yourself that you didn't know existed. The saying that "opposites attract" *really* is true.

2. Does this person turn me on physically *and* mentally? YES, I know physical compatibility is important, but stimulation of the mind and emotionally understanding each other is equally important.

3. Does this person get me? In relationships, you don't always have to agree with one another, but it's essential to *get* one another. The couples with the strongest survival rates are the ones where they really work on getting to know one another. You need to understand who your partner is and what he or she is all about – and appreciate him or her because of this uniqueness.

Related: [Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'](#)

4. Does this person have the same values as I do? I know so many people who say that they have the same values as their significant other, but when I ask them what those values are, they draw a blank. Knowing your own core belief system and understanding your partner's morals is so important to a successful marriage. If you want a guide to discovering your values, email me at marni@winggirlmethod.com and let me know that you read this post.

5. Does this person make even the hard times seem fun? If you are going to be with someone the rest of your life, you better be able to have fun with that person. Life will be tough sometimes, and it's important to keep that in mind when selecting a partner.

I think Emily and Jef seem like a great couple. I am so happy for the two of them, and I know that they are going to have a fulfilling relationship based on love, admiration and open communication.

Emily Maynard's Southern Style – Bachelorette Edition



By Ann

Csincsak, Vintage Sweet & Chic

Emily Maynard stole our hearts with her sweet personality and her easy, southern style. For an entire season of 'The Bachelorette,' she has shown us that fashion-forward style mixed with classic elegance can certainly work for any occasion. I have chosen my three favorite date outfits that any woman can pull off, whether you go out or stay in – and even if your date isn't equipped with helicopter or Ferrari transportation.

This first look (image above) is a perfect example of keeping

it simple and still having fun with color! Make what you wear work for *you*. Always wear what you feel most comfortable in (but try to avoid sweat pants for the first date).

1. Joie Aceline Striped Shirt ON SALE NOW at Nieman Marcus for \$72!

2. Wildfox Friday Night Cutoff Shorts \$99

3. Towne and Reese Elena Ring \$40

4. Urban Outfitters Dolce Vita T-Strap \$69

5. Essie Sheer Pink Nailpolish \$8

Our next look is great for a night out on the town with that hot new guy, or it's a good option if you're looking to spice up your look for your man. It doesn't have to be a special occasion to show off a great one-sleeve dress, so don't be afraid to be daring with your date look!



1. Towne & Reese Rowen Silver Hoops \$20

2. ASOS One Sleeve Dress \$98

3. Dior Addict Gloss \$30

4. Aldo Detachable Heel \$89

5. Emily's Signature Makeup Style Temptu \$150

This last look is perfect for that "meet the parents" trip that you have been worried about for months. When she met Sean's parents, Emily showed us that keeping your hair looking naturally gorgeous and your outfit age-appropriate is the key to gaining Mom and Dad's approval. Take a few cues from Emily and steal her simple summer style and fabulous hi-lo dress.

1. Towne and Reese Ellie earrings \$20

2. Target Hi-Lo Dress \$29

3. Stella and Dot Pendant Necklace \$79

Finding a good jewelry company at the right price is always a challenge, but Emily chose hers very wisely. Towne and Reese is a stunning company whose jewelry line is carried in boutiques around throughout the country. This Bachelorette wears dainty pieces that compliment her effortless look.

To find more of her great jewelry and other fashion pieces, be sure to check out vintagesweetandchic.enstore.com! Additionally, CupidsPulse.com readers can still get 15 percent off Towne & Reese jewelry at Pea Pod Paper & Gifts using the discount code **cupidspulse**.

'Bachelorette' Contestant

Kalon McMahon Apologizes to Emily Maynard



On the June 11 episode of *The Bachelorette*, Kalon McMahon called Emily Maynard's daughter "baggage," greatly insulting the single mother. As reported by UsMagazine.com, McMahon apologized for his actions this week on the *Men Tell All* show. McMahon says he's glad that Maynard seems happy now, although he's sorry that things didn't work out between them. "I'm trying to use it as a growing experience in my future relationships and I really wish the best for you," he said to her. That said, Maynard does not seem satisfied with his apology. She still doesn't believe him, and seems to stand by her prior statement that she loves her daughter so much that she wants to "rip [McMahon's] limbs off and beat him with them" for insulting her.

What are some ways to tell that your partner is truly sorry

about an incident?

Cupid's Advice:

No matter how much you love your partner, you're bound to get upset with them every now and then. However, it's important that when they've made you angry, they're genuinely sorry about it. Here are some ways to tell if your partner is really apologetic for what they've done:

1. They discuss what happened: Just saying "sorry" and continuing with your lives isn't enough for either of you to happily move past the issue. Encourage a discussion about what went wrong and how you feel your beau should act in the future. If they seem willing to have this talk, they probably feel genuine remorse.

2. They're understanding: Make sure that your partner understands why you feel the way you do. If they realize why what they did was wrong, they'll not only be able to give a true apology but they also won't make the same mistakes again. This will make your partnership stronger in the future.

3. They make a change: You're not going to notice this right away, but the best way to be sure that your partner was really sorry for an incident is to see if they ever do it again. Don't expect immediate perfection, but look to see if they at least seem on the right path. If they're not working towards improvement, they probably were never really sorry to begin with.

How do you know when your partner is genuinely sorry? Tell us below.

Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'



The Bachelorette is finally wrapping its summer season with the pretty, prim and proper Emily Maynard and her two remaining candidates. One of the men is Jef Holms, who shockingly denied the opportunity to stay the night with the seemingly-perfect Maynard in a luxurious suite in Curacao on Monday's episode. According to UsMagazine.com, Maynard said on the pre-finale, "It was very sweet, but he turned me down and I wanted to turn him down!" The 27-year old beauty will definitely have her chance to turn one of the men down for the whole world to see as she chooses her prince charming on the upcoming season finale.

How do you know when it's time to get intimate with your partner?

Cupid's Advice:

Intimacy opens the door to a new, exciting world in a relationship that comes with more emotions and responsibility. Here are some ways to know when to take your relationship to the next level:

- 1. Exchanging 'I love you's':** 'I love you' is an important phrase to share right before getting intimate with someone. Make sure they truly care for you before giving them the privilege of being intimate with you.
- 2. Meeting families:** Your relationship is most likely at a pretty deep level if you are introducing them to your family and vice-versa. After you've done this, getting intimate is the next step.
- 3. Simply being ready:** A lot of times people jump into intimacy before they are ready. Avoid overlooking your true feelings. Your desire to be intimate will come as your relationship grows.

What are some things you look for in a relationship before getting intimate? Share your thoughts with us.

'The Bachelorette' Season 8, Episode 9: The Dos and Don'ts of Masculinity





By Marni Kinrys, of

WingGirlMethod.com

OMG I was totally shocked last night when Emily Maynard did not pick Sean Lowe. I totally thought that Jef Holm was going to be sent packing. My husband and I were watching the show (he will deny it if ever asked), and both of us thought that it was going to be Arie Luyendyk and Sean for sure. I actually think my husband has a crush on Sean based on how disappointed he was that this “solid man” was not selected.

After the show ended, my husband and I got into a discussion about masculinity and what it means. The conversation was sparked from my husband commenting on Sean being so solid and then telling me how his exit speech would go. Strange, I know.

In the past, most people would define masculinity as being the Alpha Male: strong, aggressive, fearless, dominant. Today, though, the definition is a little different. And thank goodness for that. Today’s modern masculinity includes balanced men. Men that can listen but also speak. They can be assertive and not aggressive. They can express emotion without being emotional. I like to call these men “nice guys with an edge.”

Related: [The Bachelorette Season 8, Episode 7: How to Express Your Love](#)

During last night's episode, I have never seen more amazing examples of the modern masculinity – especially when dealing with the whole “forgo your fantasy suite” scenario.

Jef

I loved it when Jef literally took the words out of Emily's mouth and nobly said, “Out of respect for our families, I don't think it's a good idea to use this key.” It was not a tactic to get Emily to want him more. It was genuine and real and masculine. A non-masculine man would have had his sex goggles on, unable to think about the full picture. But Jef is a solid, good man that knows what's important and is willing to wait so that everyone is comfortable. Amazing!

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Sean

Sean also displayed his modern masculinity on his date when he opened up to Emily about what he wants and what he envisions for their future together. He had the perfect balance of being vulnerable and strong. His words were precise and real. You could tell that he had actually put serious thought into the potential scenario. In fact, he even stated that he did in his exit ride.

Arie

Now, I know Arie didn't get a chance to turn down his fantasy suite offer, but his statements on how to form relationships with children won me over last night. Again, a man who has taken the time to think about the full picture. He is not just thinking about getting the girl. He's thinking about starting a life together as a family.

Seeing these three guys makes me even happier that guys like Ryan are no longer suitors on 'The Bachelorette.' Emily has landed herself two solid and strong options for a future husband, and I know this final decision will be especially tough for her.

For all the men that are reading this blog, watch the next episode of the show and take note of the two finalists. These guys are examples of modern masculine men – they're what all women want!

'The Bachelorette' Contestant Sean Lowe Struggles to Say 'I Love You'





Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying “I love you” to Emily Maynard. According to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

What are some ways to get over your fear of saying ‘I love you’?

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you are ready to say it, but can’t seem to find the words, follow

these guidelines to overcome your fear:

1. Plan it out: If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you'll feel less pressure and won't fear getting it wrong.

2. Say it out loud when no one is around: Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.

3. Remember why you love your partner: The pressure of saying 'I love you' can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

How did you get over your fear of saying "I love you"? Tell us below.

'The Bachelorette' Season 8, Episode 7: How to Express Your Love, Bachelorette Style





By Marni Kinrys, of

winggirlmethod.com

That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of *The 5 Love Languages*, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it

makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on 'The Bachelorette' Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef's love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night's episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!

'Bachelorette' Contestant Ryan Calls Emily Maynard a "Trophy Wife"



On Monday night's *Bachelorette*, suitor Ryan had a few words to say that Emily Maynard was not too pleased about. On their one-on-one date, he called Maynard a "trophy wife," to which she aptly responded, "Trophies don't talk back," according to [People](#). Soon after, Ryan was sent home – not without protest, of course.

What are some warning signs that your partner views you as a prize?

Cupid's Advice:

Every girl wants to be placed on a pedestal by her partner. However, sometimes being seen as special can get out of hand, and soon your partner is treating you like an object. Here are some warning signs that your partner views you as a prize:

1. He's controlling: If your significant other is controlling the way you dress or act, you need to leave immediately. He isn't seeing you for the person you are, but rather the partner he'd ideally like to have – so he can't really love you for you.

2. He calls you "mine": There is nothing sweeter than the person you're dating telling you "I'm yours." However, once they're calling you theirs, they're claiming you as property rather than a person to be loved.

3. He uses you: A deadbeat boyfriend who's always coming to you for money (and other assets) only sees you as a walking ATM. There's no chance for a real relationship in that situation.

What are some ways to prevent being treated like a prize? Tell us your story below.

'The Bachelorette' Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut



By Marni Kinrys, of

WingGirlMethod.com

If there is one thing I can say about Emily Maynard, it's that she has a super human strength for trusting her gut, instead of listening to her heart. This is a skill set that most women do not have but should definitely work on developing.

Just as the men on 'The Bachelorette' rewarded her for seeing through Ryan's suave exterior, I want to do the same. Emily is a woman who knows what's best for her long term and I can't help but have extreme respect for her, if not a little crush.

This super power that Emily possesses, is learnable and something that all women need to focus on. It will stop them from falling for jerk's and d-bags.

Here is my list of Do's and Don'ts for Trusting Your Gut:

Do Not – Keep a man in your life because you think they're awesome. One of the worst things for men is being stuck in the

friend zone. It's basically like kicking them in the balls day after day after day. I am so happy Emily was honest with Travis and let him go before his feelings got more intense. I know it hurt Travis in the moment, but in the long run it will help him tremendously. His heart was blocked and closed off for two years. I think it will now be open again.

Related: ['The Bachelorette' Season 8, Episode 5: The Dos and Don'ts For Taking Your Relationship To The Next Level](#)

Do – See past a few insecure flaws. I wanted to yank Doug out of my TV, give me 30 minutes of coaching and then sit him back on that couch with Emily. I'm not 100% of this but I think Doug is the kind of guy that's a gentleman, until given permission not to be. I am so happy Emily kept him around, to explore who he is for one more week. But, if he does not get his act together next week, she's going to have to set him free. Which will be a shame, because he is a solid man that I think would make Emily very happy. Show her the Grrrr..... Doug!!

Do Not – Be swayed by words of persuasion. I was so nervous for Emily when Ryan kept talking to her, using persuasive tactics, after she said she would not be giving him rose. YES there was some sincerity from Ryan's end, but I believe those emotions were driven from the pain of losing the competition rather than losing Emily. You could tell she was so torn, but fighting what her libido wants vs. her heart. I'm glad she chose to let him go. It will give her more space to let the other men into her life.

Related: ['The Bachelorette' Season 8, Episode 1: The Dos And Don'ts of First Impressions](#)

Do – Ask the tough questions. Emily is the queen of understanding that if you want to know something, you gotta to ask to hear it. I know I was not alone when I was shocked by her interaction with Doug. Wow!! She asked for him to open up and he did. Every day women may be missing out because some

great men don't show you their greatness until you deserve to see it.

Emily is helping women see the importance of selecting a GOOD, solid partner. A message that I feel is lost in most Bachelor seasons. Keep up the good work Emily. I truly believe you are on your way to finding a great love!

Giveaway: Towne & Reese Jewelry – As Seen on ‘The Bachelorette’ Star Emily Maynard





This post is sponsored by Pea Pod Paper & Gifts.

By [Whitney Baker](#)

If you've been watching this season of 'The Bachelorette,' you've surely taken note of Emily Maynard's fabulous wardrobe. Week after week, she continues to impress us with her easy sense of style, transitioning effortlessly from date to date. Whether she's wearing jean shorts and a crochet sweater for a day by the water or a one-sleeve gown at the Rose Ceremony, one thing remains the same: her eye-popping jewelry. And now, CupidsPulse.com readers have the opportunity to win one of two Towne & Reese jewelry giveaways OR receive **15 PERCENT OFF the entire Towne & Reese collection**, including the highly-anticipated Fall 2012 Collection, from Pea Pod Paper & Gifts. Use the discount code **cupidspulse** at checkout.

Related Link: ['The Bachelorette' Season 8, Episode 5: The Dos and Don'ts for Taking Your Relationship To The Next Level](#)

~~**GIVEAWAY ALERT:** Send an email to cupid@cupidspulse.com, with **'Towne and Reese Giveaway'** in the subject line, saying that you want to enter the contest. Once you do, you will automatically be entered to win either the Daisy Turquoise~~

~~Ring or the Brooke Earrings in Crystal OR Mint Green! Both of these pieces were worn by Maynard on 'The Bachelorette. Giveaway ends at 5pm on Monday, July 9th so act quick!~~

Congratulations to our winners, and thank you to everyone who signed up!

Ashley Grulich won the Daisy Turquoise Ring, and **Elizabeth Gottier** won the Brooke Earrings in either Mint Green or Crystal.



Towne & Reese
Daisy Ring in
Turquoise. Photo:
Towne & Reese



Towne & Reese
Brooke Earrings
in Mint Green.
Photo: Towne &
Reese

Pea Pod Paper & Gifts, a one-stop shop for all things paper and gifts, is a company known for their quick turnaround time and impeccable customer service. In addition to selling personalized paper products, monogrammed gifts and party supplies, they also have a wide range of jewelry, including

Towne & Reese items.

'The Bachelorette' Star Emily Maynard Blows Up at 'Baggage' Comment



Bachelorette Emily Maynard is having some trouble finding her true love. On Monday's episode, set in London, suitor Kalon McMahon brought out a side of Maynard none of the contestants wanted to see after calling her daughter Ricki "baggage," according to [People](#). A hurt Emily exploded on Kalon, feeding him his own line, "I'd love to hear you talk, but not until I'm done," before immediately sending him packing. She also criticized

her other dates for not sticking up for her in her absence.

What do you do if the person you're dating doesn't accept your child?

Cupid's Advice:

Any single parent knows how brutal the dating world can be. Here are some tips to make it easier if your significant other doesn't accept your child:

1. Leave: Any date that doesn't accept your child doesn't accept *you*. There's no point continuing a relationship with this person.

2. Be understanding: If you're dating someone who has never been a parent, you have to understand that they don't know what it's like. Try to show them how important your child is and maybe they'll come around.

3. Involve your child: The problem may be that you haven't had your child around enough. Take the little one out with you more so your significant other can see why your child is so amazing.

What would you do if the person you were dating didn't accept your child? Tell us in the comments below.

**'The Bachelorette' Season 8,
Episode 5: The Dos and Dont's**

For Taking Your Relationship To The Next Level



By Marni Kinrys, of

WingGirlMethod.com

We've made it! We're finally to the halfway point when the superficial, made-for-TV drama must go away and make room for the real connections to bloom on 'The Bachelorette.' Emily Maynard is now in falling-in-love mode, so it's time for the guys to get serious and show her they're ready to fall in love too.

As you know, I work with thousands of men, and one of their biggest challenges is connecting. Connection is something that comes really naturally to women, especially to a woman like Emily. As a single mother, she is even more open to love. But for men, the ability to share themselves with a woman can be a daunting task.

Honestly, I have been surprised this season because most of the contestants have it figured out. But there are still some who struggle with opening up, which may hurt their chances of taking their relationship with Emily to the next level – especially as the number of men gets smaller and smaller every week.

Here is my list of dos and don'ts for taking your relationship to the next level and truly connecting with your partner.

Do: Create trust and protection in a relationship. Whether you're a woman or a man, you need to feel safe in a relationship. I love the way that Sean is so willing to share his feelings with Emily. He's expressing his emotions *without* being emotional, a skill that few people are able to pull off. His behavior provides Emily with the security to always know what he is thinking, allowing her to never question their relationship. Safety!

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

Don't: Never put down, belittle or betray a date, especially in front of others. What the hell was Kalon thinking? For someone who cares so much about what others think, you would think he would be more discrete about his true feelings for Emily. He basically made a mockery of the Bachelorette process, and I couldn't have been happier when Emily told him, in her squeaky, sick voice, to get the f*&k out. Loved it!

Do: Have fun! Being able to laugh at yourself is the ultimate sign that you are open to developing new relationships and nurturing old ones. No one wants to be with Mr. or Mrs. Serious. Being uptight and well-spoken all the time is no fun. For instance, on the group date, Doug, Arie and Travis really stepped up to the plate. They showed Emily that, no matter what crazy situation she threw at them, they could handle it and laugh their way through it.

Don't: Sit there and say nothing when someone talks smack about your partner, especially if you have built a strong bond with each other. I am sure that this situation was a tough one for Arie. If he watched previous seasons where contestants would cause a disconnect when they tattled on one another, then it would've been easy to second guess his instinct. But Emily was starting to see Arie as her protector, and in this instance, he failed her. Hopefully, they can get over that hump and rebuild their strong connection.

Related: [The Bachelorette Season 8, Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Do: Listen to the Queen of Pop and EXPRESS YOURSELF. When Emily was on her date with Jef, she kept mentioning how hard he was to read – and I wholeheartedly agree, which is why it was so essential for him to put into words what he was feeling and thinking. As much as we like to think we are mind readers, we are not. Expressing yourself is the one sure-fire way to boost a connection and move your relationship to the next level.

Don't: Wait for others (in this case, Emily) to come to you. The only way to get what you want is by asking for it. Alejandro got the boot because he didn't ask for what he wanted. He wanted to get to know Emily better, but he never took the initiative to make that happen. In a room full of 25 dudes, you have to step up and be an Alpha male in order to be noticed.

Connection is the toughest part of any relationship. You can't fake it, but you can open yourself up so that it happens more easily. I can't wait to see what happens next week. Be sure to tune in as these men fall harder for Emily and attempt to take their relationship to the next level!

'Bachelorette' Star Roberto Martinez Has No Interest in Being the 'Bachelor'



Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. "That's far from the truth!" a source confirms to [Us Weekly](#). "They are asking him to be the next bachelor, but he has no interest as of right now." Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

When is it time to put yourself out there after a difficult breakup?

Cupid's Advice:

Breaking up after a serious relationship requires enough time to heal before getting out there again. Here are some ways to know when it's time to give dating another shot:

1. You feel confident in yourself: Having someone break up with you can be a huge blow to your self-esteem. Don't try to find another partner when you're lying in bed all day eating ice cream. Get back into your normal routine, hang out with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a more positive energy. That will help you feel more comfortable dating.

2. You feel positive about the future: After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

3. You've left your ex alone: Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

How did you know when it was time to try dating again? Share your story below!